CLAIMS

The inventor hereby claims:

1. (currently amended) A reinforced cord well lifting bar assembly comprising

an exercise bar assembly; and

an elastic exercise cord assembly;

the exercise bar assembly comprising

an elongated body;

an opposing pair of transversely disposed cord tunnels, one end of each thereof comprising a first opening of size accommodating the disposition of a stretchable exercise cord therethrough, a portion of the tunnel comprising size accommodating the cord's impingement therein;

a bar separation assembly comprising a release button, snap-fit means of connection and an orientation juncture track and groove; whereby upon depressing the button, it is cleared from an otherwise obstructing site, permitting opposing portions of the exercise bar's elongated body to separate from one another; and, upon rejoining the portions and releasing the button and causing it to co-engage a button opening, the snap-fit connection means returns the button to its obstructing disposition wherein proper interconnection of the exercise bar's body is assured and unintended separation of the portions is prevented;

the elastic exercise cord assembly comprising a stretchable exercise cord disposed for impingement at an impingement site within a respective cord tunnel and comprising means of impingement for connection to the exercise bar's body; whereby, to benefit certain muscles, an operator may undertake any one of a number of second mode exercises against the cord's elastic resistance.

2. (canceled)

3. (currently amended) A reinforced cord well lifting bar assembly comprising

an exercise bar assembly; and

an elastic exercise cord assembly;

the exercise bar assembly comprising

an elongated body;

an opposing pair of transversely disposed cord tunnels, one end of each thereof comprising a first opening of size accommodating the disposition of a stretchable exercise cord therethrough, a portion of the tunnel comprising size accommodating the cord's impingement therein; and

a pair of cord emplacement slots disposed, respectively, for communicable access with each tunnel, whereby the cord's emplacement within the bar for impingement in preparation for use in either first or second mode exercise is facilitated;

the elastic exercise cord assembly comprising a stretchable exercise cord disposed for impingement at an impingement site within a respective cord tunnel and comprising means of impingement for connection to the exercise bar's body; whereby, to benefit certain muscles, an operator may undertake any one of a number of second mode exercises against the cord's elastic resistance.

4. (original) The reinforced cord well lifting bar assembly according to Claim **1** wherein the impingement means comprised by the stretchable elastic cord assembly comprises hollow cord configuration comprising a cord impingement plug disposed by rigid emplacement within it.

5. (currently amended) The reinforced cord well lifting bar assembly according to *[[*Claim 2*]]* Claim **1** wherein the snap-fit means of connection comprises a grasshopper leg spring connected to the bar's elongated body and a separation spring seat.

6. (currently amended) The reinforced cord well lifting bar

assembly according to *[[*Claim **2***]]* Claim **1** wherein the snap-fit means of connection comprises a resilient integral finger upon which the release button is disposed.

7. (canceled)

8. (original) The reinforced cord well lifting bar assembly according to Claim **3** wherein the exercise bar's body further comprises a cord stretching recess;

wherein the mid-portion of the stretchable cord may be emplaced along the recess and the cord ends anchored in any manner;

whereby first mode exercise is facilitated.

9. (canceled)

10. (original) The reinforced cord well lifting bar assembly according to Claim **3** wherein each cord emplacement slot is disposed for communicable access with a respective exercise bar's tunnel from a side of the bar's body.

11. (currently amended) The reinforced cord well lifting bar assembly according to *[[*Claim **9***]]* Claim **3** wherein the exercise bar's elongated body comprises continuously contoured projection;

whereby rotational positioning of a handgrip's connection block upon emplacement for second mode exercise is unimpeded.

12. (currently amended) The reinforced cord well lifting bar assembly according to *[[*Claim **9***]]* Claim **3** wherein each cord tunnel additionally comprises two or more shared cavity emplacement wells one of them a handgrip block emplacement well comprising size permitting the emplacement of a handgrip connection block, the other a cord impingement well comprising size permitting impingement of a stoppered cord end.

13. (currently amended) The reinforced cord well lifting bar assembly according to *[[*Claim **9***]]* Claim **3** wherein the handgrip connection block within which the stretchable cord is impinged comprises that of a strapped

handgrip configured from top to bottom with axial symmetry in turn comprising a cord emplacement slot;

whereby emplacement of the cord in preparation for use in either first or second mode exercise is further facilitated and unobstructed rotational positioning of a handgrip's connection block upon emplacement for second mode exercise is further assured.

14. (original) The reinforced cord well lifting bar assembly according to Claim **12** wherein the cord impingement well comprises size smaller than that of the handgrip block emplacement well.

15. (original) The reinforced cord well lifting bar assembly according to Claim **12** wherein the shared cavity emplacement wells comprised by each cord tunnel is but two thereof in number which are concentrically disposed.

16. (original) The reinforced cord well lifting bar assembly according to Claim **15** wherein the exercise bar assembly further comprises a pipe bowl terminus.

17. (original) The reinforced cord well lifting bar assembly according to Claim **15** wherein the exercise bar assembly further comprises an inverted pipe bowl terminus..

18. (original) The reinforced cord well lifting bar assembly according to Claim **16** wherein the configuration of each handgrip emplacement well is conical and a handgrip's connection block comprises a neck mated to it in configuration for use in second mode exercise.

19. (original) The reinforced cord well lifting bar assembly according to Claim **16** wherein

both the accommodation of a connection block by one shared cavity emplacement well and the accommodation of the stretchable cord end by another shared cavity emplacement well is snug;

each handgrip's connection block comprises one or

more impingement sectors; and each block emplacement well, a block retaining ledge and one or more block fitting sectors comprising one of:

one or more block impingement nodes; and

one or more flattened faces;

20. (original) A reinforced cord well lifting bar assembly comprising

an exercise bar assembly; and

an elastic exercise cord assembly;

the exercise bar assembly comprising

an elongated body;

an opposing pair of transversely disposed underlying cord impingement nests, each comprising an opening of size accommodating the disposition of a stretchable exercise cord therethrough, the nest comprising size accommodating the cord's impingement therein; and

a pair of cord emplacement channels is disposed, respectively, for communicable access with each nest;

the elastic exercise cord assembly comprising a stretchable exercise cord disposed for impingement at a cord impingement site within a respective impingement nest and comprising means of impingement for connection to the exercise bar's body;

whereby, to benefit certain muscles, an operator may undertake any one of a number of second mode exercises against the cord's elastic resistance.